

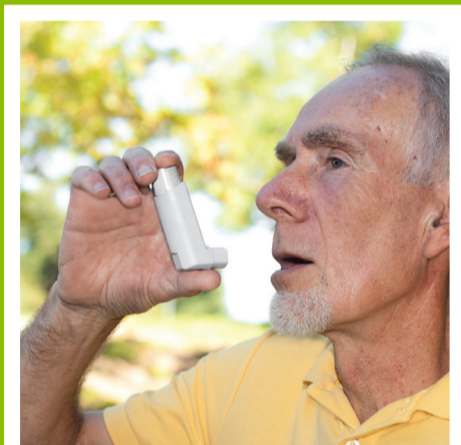
# LIVING WELL in MAY



“Celebrating World Asthma Day and  
World Hypertension Day”

MONDAY	30	2	9	16	23
TUESDAY	31 Café Connections 10.30am - 12.30pm Assisted Shopping 10.00am - 2.00pm	3 <b>WORLD ASTHMA DAY</b> Café Connections 10.30am - 12.30pm Assisted Shopping 10.00am - 2.00pm	10 Gateway Health Volunteer Lunch 12.00pm Café Connections 10.30am - 12.30pm Assisted Shopping 10.00am - 2.00pm	17 <b>WORLD HYPERTENSION DAY</b> Café Connections 10.30am - 12.30pm Assisted Shopping 10.00am - 2.00pm	24 Café Connections 10.30am - 12.30pm Assisted Shopping 10.00am - 2.00pm
WEDNESDAY		4 Arts, Games & Crafts 12.00pm - 3.00pm Skills for Living: Label Reading 1.00pm - 3.00pm Wangaratta & District Diabetes Support Group Meeting 7.00pm - 8.00pm	11 Arts, Games & Crafts 12.00pm - 3.00pm Skills for Living: Supermarket tour 1.00pm - 3.00pm	18 Arts, Games & Crafts 12.00pm - 3.00pm Skills for Living: Modifying menus & recipes 1.00pm - 3.00pm	25 Arts, Games & Crafts 12.00pm - 3.00pm
THURSDAY		5 National Heart Foundation Walking 10.00am - 10.30am Bladder Health Program 10.00am - 12.30pm	12 National Heart Foundation Walking 10.00am - 10.30am Bladder Health Program 10.00am - 12.30pm	19 National Heart Foundation Walking 10.00am - 10.30am Bladder Health Program 10.00am - 12.30pm	26 National Heart Foundation Walking 10.00am - 10.30am
FRIDAY		6	13	20	27
SATURDAY		7	14	21	28
SUNDAY	1	8	15	22	29

▶ **GATEWAY HEALTH EVENTS**  
▶ **OTHER COMMUNITY EVENTS**  
*For further information on all events please see overleaf.*



## World Asthma Day

- ▶ **Asthma is Common**  
300 million people currently suffer from asthma.
- ▶ **Asthma Affects Children**  
It's the most common chronic disease among children.
- ▶ **Asthma is Deadly**  
250,000 deaths are attributed annually to asthma.
- ▶ **Asthma is Manageable**  
Medication and avoiding asthma triggers can reduce its severity.



▶ **BLADDER HEALTH PROGRAM**

**Cost: \$25 for three 2½ hour sessions. Booking required.** This program supports you to learn skills to maintain and manage good bladder and bowel health. Participants will explore issues that may influence bladder and bowel health and discuss strategies, such as diet, pelvic floor exercises, medications and products to help you better self-manage.

▶ **SKILLS FOR LIVING - Celebrating World Hypertension Day**

**Cost: \$40 for 6 week program. Booking required.** This program is run by an Accredited Practising Dietitian and aims to support you to build your skills around healthy eating. Topics include healthy eating guidelines, portion control, menu planning, label reading, supermarket tour and modifying menus and recipes.

▶ **NATIONAL HEART FOUNDATION WALKING - Celebrating World Asthma Day and World Hypertension Day**  
**Free event. Meet at Gateway Health 45-47 Mackay Street, Wangaratta.**

Take the first steps to increase your physical activity by joining Australia's largest FREE community-based walking network - Heart Foundation Walking. This program aims to make regular physical activity enjoyable and easy, especially for people who are not used to being active.



▶ **GATEWAY HEALTH VOLUNTEER LUNCH**

**Free event. Meet at Hibernian Hotel in Beechworth.** This event is held each year to honor and thank all our valued Gateway Health volunteers. It will take place at the Hibernian Hotel in Beechworth. Gateway Health volunteers are asked to contact Stacey Heer at Gateway Health to register their interest or to receive further information.

▶ **ASSISTED SHOPPING**

**Cost: \$5.00 plus the purchasing of a meal at a local café. Booking required.**

This group program includes transport and support for people to access local shopping centres to purchase groceries, complete banking or other tasks. The group come together to share a meal before returning home.

▶ **GAMES, ARTS AND CRAFTS**

**Cost: \$5.00 and we cater for a meal costing an additional \$12. Booking required.**

This is a social group which meets to enjoy a chat and choose what activities they would like to do together.



▶ **CAFÉ CONNECTIONS**

**Cost: \$5.00 per session. Booking required.** Café Connections is a series of 8 café style get-togethers for people who have memory loss and their carers. It includes morning tea, memoir writing, songs, poetry, how to access the service system and much more. Activities are decided by the group.

**Other events within your COMMUNITY**

▶ **WANGARATTA & DISTRICT DIABETES SUPPORT GROUP MEETING**

**Free event. Wangaratta Library, 21 Docker Street Wangaratta. Contact Val on 57257322 or Les on 0407 500 295**

Anyone with Type 1 or Type 2 Diabetes is welcome to attend this informal support group. Just turn up or contact Val or Les for further information.

**DID YOU KNOW...?**

**Facts about Hypertension (high blood pressure)**

Hypertension is a term used to describe high blood pressure. Hypertension usually does not produce any symptoms. That's why it's important to have regular medical examinations to make sure your blood pressure isn't creeping up as you grow older. High blood pressure over a period of time can contribute to many illnesses, including heart attack, heart failure, kidney disease and stroke.

The 2016 World Hypertension Day theme is "know your numbers." If you haven't had your blood pressure checked in a while, ask your doctor to check it at your next visit.



**Gateway Health Wangaratta**

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